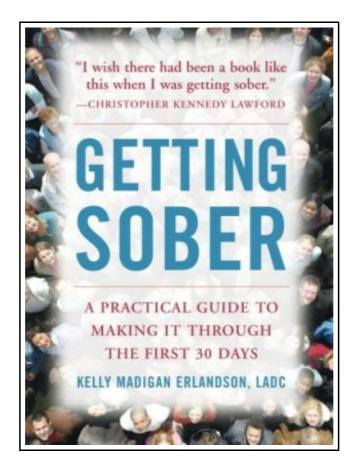
Getting Sober: A Practical Guide to Making it Through the First 30 Days



Filesize: 5.9 MB

Reviews

The book is simple in read safer to comprehend. It is writter in straightforward words and phrases instead of confusing. You wont truly feel monotony at anytime of your time (that's what catalogues are for concerning in the event you request me). (Brannon Koch)

GETTING SOBER: A PRACTICAL GUIDE TO MAKING IT THROUGH THE FIRST 30 DAYS



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McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, Getting Sober: A Practical Guide to Making it Through the First 30 Days, Kelly Madigan Erlandson, "Honest, direct, comprehensive, and practical." --Bestselling author Mary Pipher "Kelly Madigan Erlandson's book will help many whoare beginning their trudge on the road to happydestiny." --Christopher Kennedy Lawford, author ofSymptoms of Withdrawal: A Memoir of Snapshots and Redemption Already hailed as "a thoughtful and comprehensiveguide to those early, crucial days of sobriety," thisgroundbreaking new book is different from anythingelse on the market. As an alcohol and drug counselorfor more than 20 years who has helped thousands intorecovery, the author does not focus on trying to diagnose problem; instead, she compassionately guidesyou through the first 30 days of sobriety--themost crucial part of recovery. She gives you practical, day-by-day advice forbecoming and staying sober--from removing alcoholand alcohol-related items from your house to pickingthe recovery program that fits your needs.

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